



**October, 2018**

**Volume 18 Issue 8**

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**PLEASE  
CONSIDER  
VOLUNTEERING!**

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**PCCN Brampton News**

Our September 11<sup>th</sup> meeting at **Wellspring Chinguacousy** was well attended, especially for the first meeting at a new location. Two new couples attended, looking for information on prostate cancer. Several lively discussions ensued, followed by an introduction to Wellspring and a tour of the building with **Bob Vandrish**. We concluded with a coffee klatch in the Wellspring kitchen.

Our 12<sup>th</sup> Annual **Cruisin' for a Cure Canada** was a success, considering that September 9<sup>th</sup> was a cold and windy day. Some 400 vehicles came out and we provided about 260 free PSA tests. Pending receipt of the Dynacare invoice for the PSA tests, which takes months, it appears that we also did reasonably well financially. Our annual donation to **Prostate Cancer Canada** will be made at the Christmas meeting. Special thanks to all the volunteers who made this year's show possible.

Our October 9<sup>th</sup> monthly meeting deals with the subject of social isolation or loneliness. As we age, we can all suffer both physical and mental ills as we encounter normal health issues, our children leave home and our spouses pass away. The natural tendency is to withdraw from social contacts.

Today, the prevalence of social media makes it even worse as people are so wrapped up in texting, watching videos, listening to online music and taking selfies that they forget to talk to each other.

Our guest, the very dynamic **Peter Bombaci**, will introduce us to *"The GenWell Project, a campaign whose mission is to make the world a happier and healthier place by reminding people about the importance of face to face human connection and inspiring them to take action. Human connection is the single largest indicator of happiness in our lives, reduces anxiety and depression, increases empathy, compassion and resilience and can make you live longer, it's just that most of us are doing less of it than ever before."* Pete was inspired by the high levels of valuable social interaction that occurred after the 2003 power outage that forced people to connect face-to-face with the real people around them.

**Jim Dorsey – Acting Newsletter Editor**

**E-Mail: [jfdorsey@yahoo.com](mailto:jfdorsey@yahoo.com)**

**Next General Meeting, Tuesday, October 10<sup>th</sup>, 2018 – 7:00pm**

**Peter Bombaci, Founder and Chief Connection Officer, The GenWell Project,**



Many of you will remember Peter Bombaci as the man who brought Movember to Canada. Under his leadership, the **Movember Foundation** teamed up with **Prostate Cancer Canada** to fund important research into prostate cancer. That relationship continues to this day. From [his LinkedIn profile](#):

*Pete is a passionate, grassroots brand builder who both develops business strategy and then translates that strategy into 360° multi-channel activation. He has a passion for building great culture and leading cohesive teams focused on a well laid out vision. His background includes senior level leadership roles across a broad experience base which has taken him from sales to marketing to CEO type roles, from for-profit to not-for-profit and from working for major corporations to having launched his own independent consulting business and a passion initiative, The Generator Project.*

*He is a charismatic and visionary business leader who believes that by doing the right thing every day, exceptional results are created. His engaging leadership style comes from an enthusiasm and genuine desire to help others, as well as the belief that building a great culture encourages collaboration, great execution and ultimately bottom line results.*

*Pete has recently taken a pause in his career to launch his passion project, The GenWell Project, a campaign that has been in the making for over a decade. The mission of The GenWell Project is to make the world a happier and healthier place by reminding people of the importance of face to face social connection and inspiring them to take action.*

*Pete is frequently a guest speaker and commentator who has contributed opinion pieces for print, magazines, on the radio and online.*

Come out and meet this inspiring man. For more information, see [www.genwellproject.org](http://www.genwellproject.org)

You can forward your questions or suggestions on any subject to: [info@pccnbrampton.ca](mailto:info@pccnbrampton.ca) or telephone 905-458-6650.

We look forward to seeing you at **Wellspring Chinguacousy Prostate Cancer Support Centre**, 5 Inspiration Way, Brampton, ON L6R 0L7. The building is located west of Torbram Road and south of Father Tobin Drive.

Parking is plentiful, well lit and free - and there is **an elevator!**

## Last General Meeting, Tuesday, September 11<sup>th</sup>, 2018

### “Welcome to Wellspring Chinguacousy and What We Did This Summer”



As mentioned last month, ***“Wellspring provides supportive care programs and services, at no charge, to help men, women and children living with cancer, and those who love them, overcome the many practical, emotional, physical and informational challenges that follow a cancer diagnosis.”***

We consider Wellspring Chinguacousy to be one of the most valuable community resources that we have here in Brampton. Unfortunately, the Centre manager, **Alex Smith**, was unable to attend our September meeting. We hope that Alex will be able to speak to us about the

programs offered by Wellspring some time in 2019.

But fortunately for us, Bob Vandrish, a very congenial chap who is a long-time prostate cancer survivor and advocate, stood in for Alex on September 11<sup>th</sup>.

## PCC’s Expert Angle Webinars

The library of Expert Angle Webinars continues to grow as more of the new, shorter sessions are added. Past and future webinars will continue to be listed in three categories at <http://prostatecancer.ca/Supporting-You/Hear-from-the-Experts/Tune-In>.

You will be asked to register for each session, but rest assured that “no salesman will call.” Once registered for a session, you can view it whenever you want as often as you require.

Recordings of past full-length Expert Angle Webinars can still be accessed at <http://prostatecancer.ca/Supporting-You/Hear-from-the-Experts/Past-Presentations> where they are arranged by category: **Basics of Prostate Cancer, Health and Wellness, Testing and Diagnosis** and **Treatment and Side Effects**. Note that you do not need to register to view these older webinars.

If you decide to subscribe to the monthly e-newsletter on the “**Tune In**” page, you will be advised of future Expert Angle Webinars well ahead of time.

## A New Online Resource

To repeat: there is a very interesting Facebook support group called [PSA Rising](#) that is worth a look, whether you are a long-time member with a rising PSA or a newly-diagnosed man. **Jacqueline Strax**, who runs the page, is very knowledgeable about resources in both the United States and Canada. This is a “Closed” Facebook group, so you will have to apply to Join.



**Upcoming PCCN Brampton Meetings / Events:**

**Tuesday, October 9<sup>th</sup>, 2018, 7 p.m. to 9 p.m.**

**Monthly Member Meeting**

**Peter Bombacci, Founder, The Genwell Project.**

**Wellspring Chinguacousy Prostate Cancer Support Centre.**

**Tuesday, November 13<sup>th</sup>, 2018, 7 p.m. to 9 p.m.**

**Monthly Member Meeting**

**Dr. Stuart Edmonds, Prostate Cancer Canada, Topic T.B.A.**

**Wellspring Chinguacousy Prostate Cancer Support Centre.**

**Tuesday, December 11<sup>th</sup>, 2018, 7 p.m. to 9 p.m.**

**Annual Christmas Social Evening**

**Wellspring Chinguacousy Prostate Cancer Support Centre.**

**Tuesday, January 8<sup>th</sup>, 2019**

**Annual Stop/Start/Continue Meeting.**

**Tuesday, February 12<sup>th</sup>, 2019**

**Annual Sharing Meeting.**

**Family Day Weekend, Friday, February 15<sup>th</sup> to Monday, February 18<sup>th</sup>, 2019**

**Prostate Extreme Team 14<sup>th</sup> Annual Sled Ride of Hope**

**Gravenhurst, ON, [http://www.prostateextremeteam.com/2019\\_ont\\_sled.html](http://www.prostateextremeteam.com/2019_ont_sled.html)**

**Friday, March 8<sup>th</sup> to Sunday, March 10<sup>th</sup>, 2019**

**PCCN Brampton booth at Motorama Custom Car & Motorsports Expo**

**International Centre, <http://www.motoramashow.com/>**

**Tuesday, March 12<sup>th</sup>, 2019**

**Speaker & Subject To Be Announced.**

**NOTE: As always, we are actively searching for ways to get more members involved in meetings as we know that “preaching to the converted” is pointless.**

***Please, please, PLEASE share your interests and suggestions with us!***

**Speaker suggestions from members are always welcomed; please watch our website for complete meeting agendas and updated speaker profiles!**

**Jim Dorsey, Acting Speaker Coordinator:**

**(905) 453-3038 or Email: [jfdorsey@yahoo.com](mailto:jfdorsey@yahoo.com)**

**12<sup>th</sup> Annual Cruisin' for a Cure Canada, September 9<sup>th</sup>, 2018**

Despite September 9<sup>th</sup> being rather cold and windy, some 400 show vehicles turned out for the day. We provided around 260 free PSA tests, bringing our total to date to nearly 3,300. The event could not happen without the many volunteers that work so hard during the year and on the day of the show. Our core group of PCCN Brampton volunteers – **Paul Henshall** and **Steve Hutton** – work throughout the year to attract sponsors and vendors to take part and to organize the lot for the show. On the day of the show, they are joined by members of Steve's **Team Blue** who handle all the show logistics and are the last to leave after the show. Mike **Loughnan**, our Blood Clinic Manager, is aided by a group of great volunteers every year- **Tilly Netherton**, **Kellie Paquette**, **Sandra Rambout** and **Kim Vogel**.



**Left:** Members of Team Blue attempting to get arrested by one of Peel Region's finest.



**Right:** Norm Malisani and George O'Hearn from the Golden Horseshoe Mustang Association BBQ'ed for volunteers and made a cash donation to the show



Our co-presenters, Brampton's **Over 'N' Under Car Club**, headed by **Jim McGowan** and **Neila Boniface**, worked throughout the summer to obtain over 200 raffle items for their **U Choose Raffle** tables. Club members also handle the



vehicle parking chores and sell the U Choose tickets. This year, they raised over \$5,400 for the cause.



This year, Registration and Merchandise Sales were run by volunteers from the **Antique and Classic Car Club of Canada**, the **Chrysler Cruising Club of Western New York** and the **Ontario PT Cruisers**. Shown: **Mary Tarsitano**, **Debbie Gabriel** and **Sandra Porter**. Not shown: **Rick Porter**, **Bob Perkins**, **Bonnie Hamilton**, **Lorne Bland** and **Wendy Bland**.



# PCCN Brampton Bram-O-Gram

## Our Brother Groups – Other Local PCCN Chapters

As mentioned last month, we at PCCN Brampton work closely with our three neighbouring groups, the [Waterloo-Wellington](#), [PCCN Oakville/Mississauga](#) and **PCCN Hamilton** chapters. We attend each other's monthly meetings and cooperate on special events like Father's Day Walks, Special Speaker Nights and Cruisin' for a Cure.

No matter where in Canada a man lives, there is a chapter of PCCN available either for meetings or for telephone support. **Prostate Cancer Canada** maintains a list of contact information and meeting details for all the Ontario chapters at:

<http://www.prostatecancer.ca/Support/Services/Support-Groups/Find-a-Group-Near-You/Ontario>

**Glen Tolhurst** of PCCN Waterloo-Wellington has just advised us of their October 18 meeting:

*Prostate Cancer Canada Network: Waterloo - Wellington  
is pleased to announce...*

## **GUEST SPEAKER: DR. DAVID PALMA MD PHD**

**Presentation Title: Five Steps Toward Getting Top-Notch Cancer Treatment**

**DATE:** Thursday October 18, 2018

**TIME:** 7:00 – 9:00pm

Let Dr. David Palma, a radiation oncologist and cancer researcher of London Health Science Centre in London Ontario, explain how to take charge of your cancer care.

**Location:**

Grand River Recreation Centre  
(Lyle Hallman Pool)  
600 Heritage Dr.  
Kitchener, ON  
N2B 3T9



Dr. Palma is a radiation oncologist and cancer researcher at the London Health Sciences Center and the author of "Taking Charge of Cancer".

This **FREE** presentation is open to all community individuals



**RSVP: HopeSpring at 519-742-4673**  
Answering Service: 226-240-9264  
Website: <http://pccn-waterloo-wellington.ca>  
Email: [info@pccn-waterloo-wellington.ca](mailto:info@pccn-waterloo-wellington.ca)





## [Our Brother Groups – Other Local PCCN Chapters](#)

**Walter Eadie** of PCCN Oakville/Mississauga has passed along this collection of interesting sources of current information and assistance.

**An article from The Lancet comparing Robotic vs Open Radical prostatectomy:**

[https://www.thelancet.com/journals/lanonc/article/PIIS1470-2045\(18\)30357-7/fulltext#.W1Poino0k-g.twitter](https://www.thelancet.com/journals/lanonc/article/PIIS1470-2045(18)30357-7/fulltext#.W1Poino0k-g.twitter)

*“Robot-assisted laparoscopic prostatectomy and open radical retropubic prostatectomy yielded similar functional outcomes at 24 months”.*

*“Clinicians and patients should view the benefits of a robotic approach as being largely related to its minimally invasive nature.”*

**Two new pages on the U.S. based US Too International website:**

Sexual Health & Intimacy: <http://www.ustoo.org/intimacy>, Note the link to a new feature [http://www.ustoo.org/pdfs/Between the Sheets Sept 18.pdf](http://www.ustoo.org/pdfs/Between%20the%20Sheets%20Sept%2018.pdf)

Incontinence: <http://www.ustoo.org/incontinence>

**A good article from Prostate Cancer U.K. about “Treating Erectile Dysfunction after Surgery for Pelvic Cancers”** <https://prostatecanceruk.org/media/2477451/treating-ed-after-surgery-for-pelvic-cancers.pdf>

**A report on the use of MRI guided “focal ablation”:** with ultrasound or laser for “localized intermediate-risk disease”:

[https://www.uhn.ca/corporate/News/Pages/precision\\_imaging\\_prostate\\_cancer.aspx?utm\\_campaign=UHN+-+Website&utm\\_medium=social&utm\\_source=twitter&utm\\_content=1537382612](https://www.uhn.ca/corporate/News/Pages/precision_imaging_prostate_cancer.aspx?utm_campaign=UHN+-+Website&utm_medium=social&utm_source=twitter&utm_content=1537382612)

**A study from the University of Calgary:** consists of a 25-minute online survey that aims to identify predictors of sexual distress and sexual satisfaction in men with prostate cancer or after prostate cancer treatment. <https://bit.ly/2Q7Xyqv>

**A 45-minute online survey originating from the University of Otago in New Zealand:** that aims to identify factors associated with sleep problems in prostate cancer patients. The results from this study could be used by clinicians to improve treatment for patients and partners who experience sleep problems. <http://j.mp/2tpIHxW>



**Recently Diagnosed? Contact PCCN Brampton**

If you would like to speak with someone who has been there, please contact us and we will arrange to meet with you at a convenient time and place. Alternatively, come early to one of our Monthly General Meetings and on arrival, inform the front desk that you are a first-time attendee. One of our peer counsellors will welcome you and listen to your concerns. Our **Monthly General Meetings** are held at 7:00 PM on the **SECOND TUESDAY** of each month except July & August at the **Wellspring Chinguacousy Cancer Support Centre**.

**Steering Committee Meetings** are held two weeks plus two days later, on the **FOURTH THURSDAY** of each month, September through June, at 7:00 PM. If you wish to attend Steering Committee Meetings, please phone for location.

Family members, friends & supporters are always welcome at any of our Meetings!

**Jim Dorsey: (905) 453-3038**

**PCCN Brampton Voice Mail: (905) 458-6650**

Note that we accept phone calls and one-on-one discussions throughout the year.

If no one is available to take your call, **PLEASE** leave a voice mail and we will return your call as soon as possible.

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If you already receive your newsletter via regular mail or e-mail, please be sure to notify us of any address changes so we can continue to get it out to you.

Our newsletters are also available online at <http://pccnbrampton.ca/bram-o-gram>